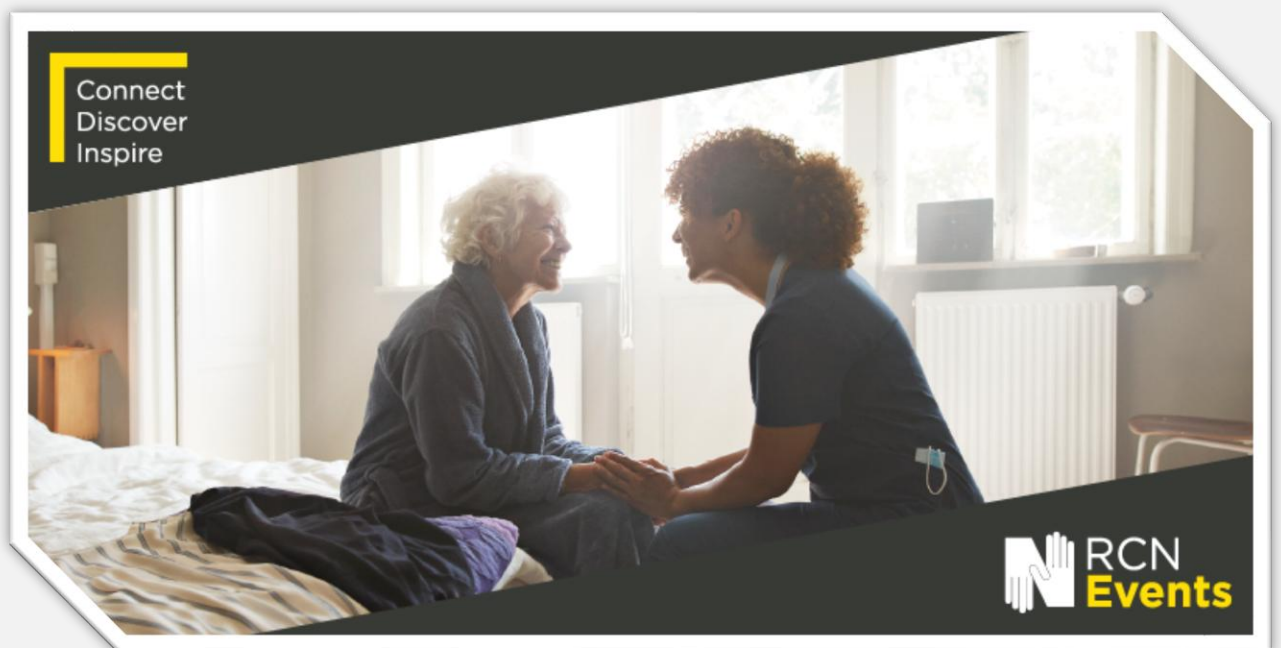


RCN Pain and Palliative Care Conference 2026



Conference Brochure

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Welcome letter

Dear Colleague,

On behalf of the Royal College of Nursing (RCN) and the RCN Pain and Palliative Care Forum, welcome to the RCN Pain and Palliative Care Conference.

We trust that you will find the conference stimulating and informative and that you'll have an opportunity to network with colleagues during the course of the event. We hope you will go away feeling inspired and invigorated and armed with information to share with colleagues in your workplace.

The RCN believes in life-long learning and actively promotes the continuing professional development of nurses. For this reason, certificates of attendance are included in the conference pack and the framework for reflection can be found on the reverse. You are encouraged to contribute attendance at RCN events towards your framework for reflection which can be included in your portfolio.

You will receive an email with a link to the online conference evaluation. We'd be grateful if you would complete this as soon as possible and within seven days of the conference. Your comments and feedback are invaluable in helping us plan future RCN conferences.

RCN staff and committee members are also on hand to answer any queries you may have regarding your membership. Or if you're a non-member, they can inform you of the many benefits of joining the RCN. As a member, you can join any number of the RCN Forums. Forums have active Facebook groups that provide you with the opportunity to connect with colleagues and keep up to date on current practice related issues.

The RCN has professional forums across the diverse nursing arena and RCN members can join as many of these forums as they wish. With 202105 forum members, forum membership is set to continue to rise. Forums are a huge area of influence and direction for the RCN and are a valuable opportunity to network with colleagues around the UK and be involved in:

- consultation responses
- conferences, events and workshops
- forum-led publications.

We'd like to thank you for supporting this conference and look forward to welcoming you back to future RCN events. A full listing of future events can be found on page 26 of your conference programme.

With best wishes,
Martin Galligan

Programme at a glance

9.00	Registration, exhibition, networking and refreshments
9.30	Chair's welcome and overview <i>Martin Galligan, Pain and Palliative Care Forum Chair and Senior Lecturer, The Royal Marsden School</i>
9.35	Keynote – Access and delivery of palliative and end of life care In the community <i>Dr Ben Bowers, Assistant Professor of Primary Care and Queen's Nurse / Honorary Nurse Consultant in Palliative Care, CPFT</i>
10.15	Role of early palliative care interventions within an acute setting <i>Kelly Moffat, Lead Nurse for Acute Palliative care, NHS Lothian</i> <i>Alison Williams, Senior Clinical Nurse Specialist, NHS Lothian</i>
10.45	Refreshments and exhibition viewing
11.15	Designing inclusive palliative care services <i>Olajumoke Isaiah, Macmillan team lead in Palliative & End of life care, Newham University Hospital</i>
12.00	Nursing role in assisted dying <i>Dr Cathryn Smith, Professional lead community nursing and end of life Care, RCN</i>
12.30	Lunch and exhibition viewing
13.15	Keynote: Accessing chronic pain services: updates from GRIFT project <i>Dr Helen Makins, Consultant Pain Anaesthetist and National Clinical Lead, GIRFT Chronic Pain Programme, Gloucestershire Hospitals NHS Foundation Trust</i>
14.00	Nursing role in managing cancer-related pain <i>Vic Sorel-Cameron, Clinical Nurse Specialist, UCLH</i>
14.30	Refreshments and exhibition viewing
15.00	Managing pain in CYP - transition from children to adult services <i>Nicola Davis, Clinical Nurse Specialist - Pain Nurse, Birmingham Children's Hospital</i>
15.30	Nursing role in ensuring opioid safety in chronic pain <i>Rachael Barton, Senior Lecturer in Healthcare and Continued Professional Development, Edge Hill University</i>
16.00	Launch of Pain Nurse Career Framework and panel discussion exploring the future of specialist pain nursing in the UK. <i>Martin Galligan</i> <i>Rachael Barton</i> <i>Charlotte Sear, Senior Clinical Nurse Specialist in Pain Management, Royal Brompton and Harefield Hospital</i> <i>Karin Cannons, Nurse Consultant, Frimley Health NHS Foundation Trust</i> <i>Christina Gullberg, Pain Nurse Network Chair</i>
16.45	Conference close

General information

Conference enquiries

Please ask staff on the registration desk if you have any specific requirements regarding access, lost property or have queries regarding your membership.

Delegate Badges

For security purposes, participants must wear their badges at all times. Participants will not be admitted to the conference sessions without the appropriate badge.

Programme

Please refer to the programme for details of the times and locations of all conference sessions. Staff will be on hand to guide you as necessary.

Exhibition

There is an exhibition running alongside this event. These exhibitors have chosen to exhibit at this conference as they feel their products and/or services may be of interest to you. The exhibition also supports the conference, therefore please take the time to go and visit each exhibition stand during the exhibition viewing times.

Receipts

If you require a receipt or have any queries relating to your registration or payment for this event, please contact staff on the registration desk at the event. Alternatively, receipts are also available by contacting RCN Event Registrations direct on 029 2054 6460 between 9.00am and 4.30pm Monday to Friday.

Specific requirements

Please ask at the registration/enquiries desk if you have any specific requirements (e.g. dietary, accessibility etc.)

Electronic devices

Out of courtesy to others, delegates are requested to switch off or set to silent all electronic devices during conference sessions.

Liability

The RCN will not accept any liability for loss or damage to personal effects which may arise as a result of attendance at this event.

Continuing Professional Development

The Royal College of Nursing believes in lifelong learning and actively promotes the continuing professional development of all nurses. Authorised Royal College of Nursing certificates of attendance have been issued to all participants. This event is also subject to the RCN Events quality assurance framework. You should log what you have learnt at this event using the Framework for Reflection guidelines on the back of your certificate and keep this document in your personal professional portfolio.

Free information at your fingertips

The Royal College of Nursing offers a number of FREE online resources with all the latest information and guidance on particular nursing practice issues such as: clinical guidelines, patient safety and eHealth. Visit <http://www.rcn.org.uk/development/practice> for more information.

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All RCN members are entitled to a free initial private consultation with a professional financial adviser so come and see us at our stand to find out more and book your free initial consultation.

To find out more, visit, quilter.com/rcn/



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Plenary speaker abstracts

Martin Galligan, Pain and Palliative Care Forum Chair and Senior Lecturer, The Royal Marsden School

Biography:

Martin is a Senior Lecturer at The Royal Marsden School. His background has been largely devoted towards pain management and has worked as both a clinical nurse specialist and lead nurse across acute, chronic, and complex cancer pain settings. He has a passion for cancer pain, pain education and development of pain services. In his previous role as Lead Nurse for Acute Pain services, he was able to lead the team to win Acute Pain Team of the Year at the UK National Acute Pain Symposium 2018. He is the Past chair and founder of the Pain Nurse Network and chair of RCN Pain and Palliative Care Forum.

He is co-opted member of the British Pain Society Pain council and secretary of the cancer-related pain special interest group. He is also a member of the EFIC Academy board and a member of the EFIC Covid-19 task force and nursing working group.

His research interest is focused on knowledge and attitudes of healthcare professionals in relation to pain management. He has completed a pre-clinical academic fellowship awarded by the Royal Marsden Charity and has been awarded and NIHR Doctoral Research Fellowship and now undertaking doctoral studies at Kings College London exploring the needs of healthcare professionals when managing complex cancer-related pain.

Dr Ben Bowers, Assistant Professor of Primary Care & Honorary Nurse Consultant in Palliative Care, University of Cambridge

Talk Title: Optimising last-days-of-life symptom management in the community

Recommended reading list/references:

1. Enhancing Anticipatory Prescribing in End of Life Care Research Repository:
<https://new.express.adobe.com/webpage/8yokfmRZ27FDi>

Biography:

Ben is an internationally recognised clinical academic community nurse. Ben leads a programme of interdisciplinary research focused on improving care of the dying at home and his team is based with the University of Cambridge. Ben is also the Deputy Theme Lead for NIHR ARC East of England's Palliative and End of Life Care theme. In 2023, Ben was named as one of the 75 nurses and midwives whose work has had an especially significant impact on the NHS since its creation. He received the RCGP & Society for Academic Primary Care Outstanding Early Career Researcher Award in 2024 and the European Association for Palliative Care Early Researcher Award 2023.

Talk Title: Early palliative care review for respiratory patients in the acute hospital

Summary: Patients living with advanced respiratory disease frequently experience high symptom burden, recurrent hospital admissions, and complex decision-making needs. Increasing evidence suggests that early palliative care involvement can improve patient outcomes, reduce unnecessary interventions, and support care aligned with patient preferences. This presentation will describe a quality improvement project undertaken within the Royal Infirmary of Edinburgh, where proactive palliative care review was embedded within a respiratory ward. A daily specialist palliative care presence enabled earlier identification of patients with palliative care needs, facilitated symptom management, supported advance care planning, and strengthened multidisciplinary working. The project demonstrated increased referral rates to the Hospital Palliative Care Team, a reduction in time to referral, improved documentation of treatment escalation planning, and reduced hospital readmission rates. Within the cancer cohort, earlier palliative care involvement was also associated with shorter hospital length of stay. Using local data and patient case examples, the presentation will explore the practical impact of integrating palliative care earlier in the patient journey and the role this can play in supporting both patients and healthcare systems.

Learning Outcomes:

1. Understand the evidence supporting early palliative care in respiratory disease.
2. Recognise opportunities for proactive identification of palliative care needs in acute hospitals.
3. Explore the impact of integrated palliative care on patient outcomes, care planning, and healthcare utilisation.

Recommended reading list/references:

1. Mel JS, et al. Early palliative care for patients with metastatic non-small-cell lung cancer. *N Engl J Med* 2010;363:733-742
2. Early Prehab in suspected locally advanced and metastatic lung cancer. Phillips et al. *BMJ Supportive and Palliative Care* 2023;13:e908-e911.doi:10.1136/spcare-2023-004349,
3. Early Prehabilitation reduces admissions in hospital in patients with newly diagnosed lung cancer. Phillips I, et al. *BMJ Supportive & Palliative Care* 2025;15:125–129. doi:10.1136/spcare-2024-004869

Biography:

Kelly Moffat is Lead Nurse for Acute Palliative Care in NHS Lothian and has dedicated her career to improving the delivery of palliative and end-of-life care. With a background in specialist palliative care and an MSc in Person-Centred Palliative Care, she combines clinical expertise with strategic leadership to drive service development and innovation. Kelly has a particular interest in compassionate leadership, person-centred practice, and addressing inequities in access to care. She works collaboratively across healthcare

systems to improve quality, support education and workforce development, and influence palliative care policy and practice.

Alison Williams, Senior Clinical Nurse Specialist, NHS Lothian

Talk Title: Role of early palliative care interventions within an acute setting

Biography:

Alison Williams is a Senior Clinical Nurse Specialist in Palliative Care at the Royal Infirmary, Edinburgh, with over 25 years of nursing experience. Her early career was predominantly in the Emergency Department, where she worked as a Nurse Practitioner and Research Nurse, developing expertise in acute and complex patient care. During the COVID-19 pandemic, her role in research nursing led to a growing interest in end-of-life and palliative care, prompting a transition into the specialty through a secondment post, which progressed to a permanent CNS role and, more recently, a senior position within the service. Alison works within a small, specialist palliative care team in a busy acute hospital environment, supporting patients with complex needs across multiple specialties and coordinating care with community services to facilitate complex discharges. She has a strong interest in service improvement and is committed to driving initiatives that enhance patient-centred care and service delivery.

Olajumoke Isaiah, Macmillan team lead in Palliative & End of life care, Newham University Hospital

Talk Title: Designing inclusive palliative care services

Biography: Olajumoke is currently a team lead for palliative and end of life care at Newham University Hospital (Bart Health NHS trust) which serves the East London population, one of England's most ethnically diverse communities. As a specialist nurse with almost two decades of experience different specialties such as surgery, oncology and palliative care. Olajumoke is passionate about patient care and satisfaction being at the centre of service improvement. Olajumoke's interests are health inequalities, patient satisfaction, and the mental wellbeing of specialist nurses in palliative care.

Dr Cathryn Smith, Professional Lead - adult community nursing and end of life care, RCN

Talk Title: The Nursing Role in Assisted Dying

Summary: This presentation explores how healthcare professionals can communicate effectively during times of ambiguity associated with assisted dying. It highlights that ambiguity is an inherent feature of complex healthcare decisions, in these situations,

healthcare professionals are required to act not only as sources of information but as guides who can hold uncertainty with compassion and professionalism. The Royal College of Nursing's neutral position on assisted dying is outlined, emphasising the importance of safeguarding patient safety while protecting the rights, autonomy, and diverse views of nursing staff. The presentation reinforces core professional responsibilities, including respecting autonomy and dignity, providing honest and compassionate communication, refraining from encouraging or assisting suicide, and ensuring patients are informed about legal options and palliative care. Key communication principles – empathy, clarity, privacy, active listening, and support – are presented as essential tools for managing difficult conversations. Practical guidance is offered for responding to patient enquiries about assisted dying, including acknowledging requests compassionately, clarifying legal status, exploring underlying concerns, referring to appropriate support, and documenting discussions. Finally, the importance of staff wellbeing, legal protection, conscientious objection, training, and access to reliable resources is emphasised to ensure healthcare professionals feel supported as legislation and practice continue to evolve.

Learning Outcomes:

1. Identify key communication principle that are essential when responding to patients' enquiries about assisted dying.
2. Apply a structured, legally appropriate response to a patient enquiry about assisted dying.
3. Access key support and guidance.

Recommended reading list/references:

1. RCN, Assisted dying <https://www.rcn.org.uk/Get-Help/Assisted-dying>. The Terminally Ill (Adults) End of Life Bill (24-25) <https://commonslibrary.parliament.uk/research-briefings/cbp-10123/>.
2. Assisted dying bill debate: advice to nurses and midwives, <https://www.gov.uk/government/publications/assisted-dying-bill-debate-advice-to-nurses-and-midwives>.

Biography:

Cathryn Smith is the Professional Lead for Adult Community Nursing and End-of-Life-Care. Her working experience includes various clinical and leadership nursing roles across community care and educational roles in higher education. She achieved a master's degree in Community Health Studies and has undertaken a PhD focusing on caring for people with dementia at end-of-life. Her specialities include community nursing with a keen interest in end-of-life and dementia care; her values focus on the importance of this role and how research and evidence implementation can benefit both nurses and patients within the community.

Talk Title: Accessing chronic pain services: updates from GRIFT project

Summary: This talk will provide an overview of the GIRFT chronic pain programme and insight into the findings from the first year. The programme includes all tiers of pain services, from community to specialist hospital based and for both adults and children/young people. In particular, there will be a focus on the 10 year plan, the left shift to neighbourhood and community based models and what this means for clinicians, services and people with chronic pain.

Learning Outcomes:

1. Describe the potential for chronic pain approaches to improve palliative care
2. Explain the challenges and opportunities for chronic pain services in England
3. Identify the opportunities for palliative services to link to chronic pain pathways

Recommended reading list/references:

1. https://gettingitrightfirsttime.co.uk/medical_specialties/chronic-pain/
<https://www.flippinpain.co.uk/>

Biography:

Helen is a consultant pain medicine anaesthetist at Gloucestershire Hospitals NHSFT. She is the national clinical lead for the Getting it Right First Time Chronic Pain programme, improving pathways across community, primary and hospital services for people of all ages with chronic pain. She is passionate about the importance of pain education for clinicians, the untapped potential of communication to support patients and the benefits of holistic management across pathways.

Vic Sorel-Cameron, Clinical Nurse Specialist, UCLH

Talk Title: Interventional management of cancer-related pain

Summary: I will discuss the benefits of interventional pain management for cancer-related pain, with reference to under-utilised but effective techniques. I will outline the key patient groups who can benefit from this type of pain management and the role of interventional services alongside palliative care teams and primary oncology teams. Interventional pain management can help to reduce opioid burden for patients and may even contribute to improved prognosis. There is also benefit to be had by those who are living with cancer as a long-term health condition but for whom pain is a significant factor.

Learning Outcomes:

1. Patients who might benefit from interventional pain management

2. List some of the interventions available for different types of pain
3. Describe some of the potential benefits of interventional pain management for patients living with cancer

Biography:

Vic is a clinical nurse specialist, working full time with the Cancer Pain Intervention Service at UCLH. She has over 18 years nursing experience with the last 10 years spent working across palliative care, oncology and pain management. Vic has a significant amount of experience managing intrathecal pumps for cancer related pain and is an independent non-medical prescriber. She is currently working towards a master's in advanced clinical practice.

Nicola Davis, Clinical Nurse Specialist - Pain Nurse, Birmingham Children's Hospital

Talk Title: Managing Pain in CYP - Transition from Children to Adult Services

Summary: A summary of the service we provide at Birmingham Children's Hospital. What a good service looks like, what we have and what we don't have.

Learning Outcomes:

1. Awareness of service in Birmingham
2. Awareness of what we don't have in Birmingham
3. Awareness of what we are doing to address this

Biography:

Clinical Nurse Specialist in the Pain team at Birmingham Children's Hospital for 17 years.

Rachael Barton, Senior Lecturer in Healthcare and Continued Professional Development, Edge Hill University

Talk Title: The Nursing role in supporting opioid safety in chronic pain

Summary: This session aims to promote the Nurses role in supporting opioid safety for individuals living with chronic pain. The session will present a balanced evidence-based approach to safer opioid prescribing, monitoring and patient education. Discussions will highlight the importance of recognising and addressing tolerance, dependency and adverse effects through clinical vigilance and collaborative working.

Learning Outcomes:

1. Understand how Nurses can contribute towards supporting opioid safety
2. Begin to develop a balanced and evidence based approach to opioid prescribing and monitoring in chronic pain management

3. Identify service users within the scope of their own practice, that may require collaboration to manage opioid prescribing

Recommended reading list/references:

1. Faculty of Pain Medicine, 2024. Opioid Optimisation Guidance for Pain Medicine Specialists (online). Available from:
https://fpm.ac.uk/sites/fpm/files/documents/2024-11/Opioid%20Optimisation%20-%20Nov%2024_0.pdf [Accessed 31st March 2026].
2. Faculty of Pain Medicine, 2026. Opioids Aware (online). Available from:
<https://fpm.ac.uk/opioids-aware> [Accessed 31st March 2026]

Biography:

Rachael graduated as an adult Nurse from Edge Hill University in 2007 and began her career in primary care, developing a strong interest in pain management and palliative care. She completed an MSc in Pain Management at Cardiff University while gaining specialist experience in neurology, neurosurgery and pain, later becoming a Clinical Nurse Specialist in chronic pain. Her work included non-medical prescribing, opioid management, neuropathic pain expertise, and establishing a respected nurse-led capsaicin treatment service. Since moving into Higher Education in 2021, Rachael has become a Programme Lead and HEA Fellow, with a passion for high-quality pain education and improving patient outcomes.

Charlotte Sear, Senior Specialist Advanced Clinical Practitioner (pain medicine), Royal Brompton and Harefield Hospital

Talk Title: Launch of Pain Nurse Career Framework and panel discussion exploring the future of specialist pain nursing in the UK.

Biography:

Charlotte qualified as a registered adult nurse from Kings College London university in 2011. She started her career as a thoracic surgical nurse and specialised in pain management in 2015. She has experience in managing both acute and chronic pain and has completed specialist training to enhance her skill and knowledge.

Charlotte graduated from Cardiff University in 2018 with an MSc in Pain Management with merit. She has also completed the advanced history taking and non-medical prescribing modules at Oxford Brookes University. In 2024 Charlotte received her European Diploma in Pain Nursing from EFIC. Charlotte currently works as a Senior Clinical Nurse Specialist in Pain Management at the Royal Brompton and Harefield Hospital part of Guy's and St Thomas' NHS Foundation Trust. Charlotte has a specialist interest in acute post-operative pain management and the management of neuropathic pain.

Karin Cannons, Nurse Consultant Pain Management, Frimley Health NHS Foundation Trust

Talk Title: Launch of Pain Nurse Career Framework and panel discussion exploring the future of specialist pain nursing in the UK.

Biography:

A member of the RCN since a student nurse, Karin qualified as a nurse in 1987 from Bart's Hospital. Since then she has worked in a variety of clinical areas including critical care. As the Nurse Consultant for Pain Management in a large NHS district general hospital foundation Trust, she works clinically with inpatients and outpatients. Karin is the service lead for the Inpatient/Acute and Outpatient/Chronic pain services that are provided to the 3 hospitals in her Trust. Passionate about patient comfort, staff support and education Karin co-authored the RCN's Pain Knowledge and Skills Framework for the Nursing Team in 2015. A long-term member of the British Pain Society, Karin is a committee member of the Head Pain Special Interest Group (SIG) and an active member of the Acute Pain, Philosophy and Ethics, Education and Developing Countries SIGs. Karin's research interests include non-medical prescribing and opioid reduction in patients with long-term use.

Christina Gullberg, Pain Nurse Network Chair

Talk Title: Launch of Pain Nurse Career Framework and panel discussion exploring the future of specialist pain nursing in the UK.

Biography:

Christina Gullberg (MSc, BSc, RN) is a Senior Clinical Nurse Specialist in Pain Management at The Royal Brompton and Harefield Hospitals in London. Her background is cardiothoracic nursing which led to an interest in pain management. In 2024 Christina received her European Diploma in Pain Nursing from EFIC.

I have a particular interest in pain management after cardiothoracic surgery and the use of transitional pathways to prevent persistent pain after surgery and treatment.

I have been fortunate enough over the years to be able to share my experiences and work presenting both nationally and internationally.

Acknowledgement and thanks

Pain and Palliative Care Forum

Martin Galligan	<i>Pain and Palliative Care Forum Chair and Senior Lecturer, The Royal Marsden School</i>
Charmaine Butcher	<i>End of Life Clinical Lead and Palliative Care Advanced Practitioner, NHS England</i>
Kelly Moffat	<i>Lead Nurse for Acute Palliative care, NHS Lothian</i>
Olajumoke Isaiah	<i>Macmillan team lead in Palliative & End of life care Newham University Hospital</i>
Rachael Barton	<i>Senior Lecturer, Edge Hill University</i>
Rachel Desai	<i>Nurse Consultant, Birmingham Women's and Children's Hospital</i>
Sharon Taylor	<i>Matron - Symptom Control and Palliative Care, The Royal Marsden School</i>

RCN Events Team

Leane Brogan	<i>Events Organiser, RCN Events</i>
Millie Shepherd-Gill	<i>Events & Marketing Administrator, RCN Events</i>

In memory of Felicia Cox

Felicia, also known as Flick, was a tireless champion and advocate for specialist pain nursing at both national and international levels. Her vision, leadership and unwavering commitment to excellence shaped the landscape of pain nursing practice and strengthened the professional identity of countless nurses. She believed deeply in recognising and nurturing expertise, and in creating clear pathways for career development within our speciality.



Much of what this conference stands for, bringing our community together to share knowledge, raise standards and support one another, reflects the values Flick embodied throughout her career. Her legacy lives on in the standards we uphold, the careers she helped shape, and the improved care patients living with pain experience.

It is with gratitude, respect and affection that we dedicate this day to her memory.

Future RCN Events

Date	Event	Location
26 September	RCN and NaTHNaC 9th Joint Travel Health Conference	Online
2 October	RCN Advanced Nurse Practitioners Conference	RCN HQ, London / Online
6 October	RCN Retired Members' Conference	RCN HQ, London
15 October	RCN Fertility Nursing Conference	RCN HQ, London
17 November	RCN Nurse-Led Innovations and Quality Improvement Conference	RCN HQ, London
18 November	RCN Student Ambassador Conference	RCN HQ, London
23 November	RCN Nursing Support Workers' Conference	RCN HQ, London / Online
27 November	RCN and SOM Occupational Health Nursing Conference	RCN HQ, London
8 December	RCN Women's Health Forum Conference	RCN HQ, London

Exhibitors

The RCN would like to thank the following exhibitors for taking part in this event.

- [Derma UK](#)
- [RCN Library and Museum](#)
- [Royal Marsden School](#)
- [Spirit Medical](#)
- [RCN Learn](#)